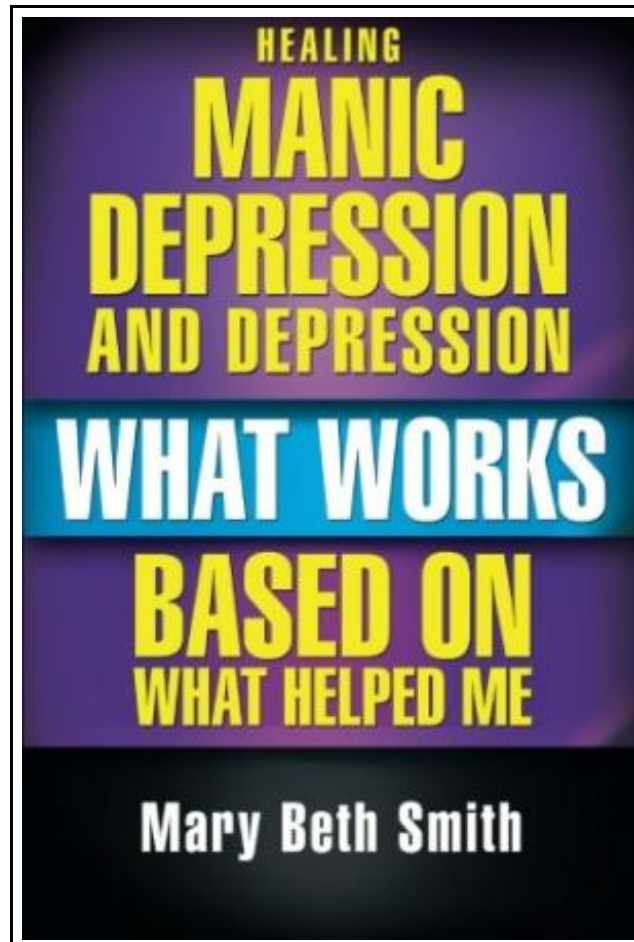


## Healing Manic Depression and Depression: What Works Based on What Helped Me



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